WHAT IS CLAIMED IS:

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- A phase detector comprising:
 - a first flip flop comprising:
 - a data input coupled to a first signal having a first frequency, and
- a clock input coupled to a second signal having a second frequency, wherein the first frequency is a multiple of the second frequency; and a second flip flop comprising:
 - a data input coupled to an output of the first flip flop, and
- a clock input coupled to the second signal.
 - 2. The phase detector of claim 1 wherein the first flip flop comprises a high speed flip flop.
- 3. The phase detector of claim 2 wherein the high speed flip flop comprises at least one inductive load.
 - 4. The phase detector of claim 2 wherein the second flip flop comprises a low speed flip flop.
 - 5. The phase detector of claim 1 wherein the first flip flop comprises a high speed latch and a low speed latch.
- 6. The phase detector of claim 5 wherein the high speed latch comprises at least one inductive load.
 - 7. The phase detector of claim 1 wherein:
 the data input of the first flip flop comprises a first differential input;

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the data input of the second flip flop comprises a second differential input; and

the clock inputs of the first and second flip flops comprise differential clock inputs.

8. A phase detector comprising:

a high speed flip flop having a data input coupled to a first clock signal at a first clock frequency and a clock input coupled to a second clock signal at a second clock frequency wherein the first clock frequency is a multiple of the second clock frequency and wherein the high speed flip flop comprises a high speed latch and a low speed latch.

- 9. The phase detector of claim 8 wherein the high speed flip flop comprises at least one inductive load.
- 20 10. A method of detecting relative phase of a plurality of signals, the method comprising:

providing a first signal, having a first frequency, to a data input of a first flip flop;

clocking the first flip flop using a second signal, having a second frequency, wherein the first frequency is a multiple of the second frequency;

providing an output of the first flip flop to a second flip flop;

clocking the second flip flop using the second signal; and

generating at least one output signal of the second flip flop indicative of a phase difference between the first signal and the second signal.

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- 11. The method of claim 10 wherein the at least one output signal is indicative of a whether the second signal leads the first signal or whether the second signal lags the first signal.
- 12. The method of claim 10 comprising delaying the second signal according to the at least one output signal.
 - 13. The method of claim 10 wherein:

the first signal comprises a first differential signal; the second signal comprises a second differential signal;

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the output signal comprises a differential output signal.

- 14. The method of claim 10 comprising driving ar inductive load for the first flip flop.
 - 15. A delay lock loop comprising: phase detector comprising:

a first flip flop comprising a data input coupled to a first signal having a first frequency, a clock input coupled to a second signal having a second frequency, wherein the first frequency is a multiple of the second frequency, and at least one output; and

a second flip flop comprising a data input coupled to the at least one output of the first flip flop, a clock input coupled to the second signal, and at least one output for generating at least one phase error signal;

a digital filter, coupled to receive the at least one phase error signal, that generates at least one filtered signal; and

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- a phase rotator, coupled to receive the at least one filtered signal and the second signal, that delays the second signal according to the at least one filtered signal.
 - 16. The delay lock loop of claim 15 wherein the first flip flop comprises a high speed latch and a low speed latch.
 - 17. The delay lock loop of claim 16 wherein the high speed latch comprises at least one inductive load.
 - 18. The delay lock loop of claim 15 wherein:
- 15 the data input of the first flip flop comprises a first differential input;

the data input of the second flip flop comprises a second differential input; and

the clock inputs of the first and second flip flops comprise differential clock inputs.

19. A phase lock loop comprising: phase detector comprising:

a first flip flop comprising a data input coupled to a first signal having a first frequency, a clock input coupled to a second signal having a second frequency, wherein the first frequency is a multiple of the second frequency, and at least one output; and

a second flip flop comprising a data input coupled to the at least one output of the first flip flop, a clock input coupled to the second signal, and at least one output for generating at least one phase error signal;

a charge pump, coupled to receive the at least one phase error signal, that generates at least one current signal;

- a loop filter, coupled to receive the at least one current signal, that generates at least one filtered signal; 5 and
 - a delay circuit, coupled to receive the at least one filtered signal and the second signal, that delays the second signal according to the at least one filtered signal.
 - The phase lock loop of claim 19 wherein the delay circuit comprises at least one delay line.
- The phase lock loop of claim 19 wherein the first 15 flip flop comprises a high speed latch and a low speed latch.
 - The phase lock loop of claim 21 wherein the high 22. speed latch comprises at least one inductive load.
- 20 23. The phase lock loop of claim 19 wherein: the data input of the first flip flop comprises a first

differential input; the data input of the second flip flop comprises a second

differential input; and the clock inputs of the first and second flip flops

25 comprise differential clock inputs.

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